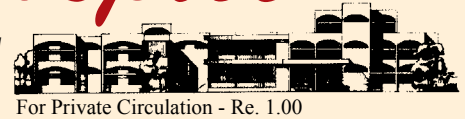




# Jeevodaya Hospice

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Sr. Lilly Maria F.C.C., Chairman and President

## From the Editors Desk .....

### Editorial

Pope Francis wrote: “You ask me if the God of the Christians forgives those who don’t believe and who don’t seek the faith. I start by saying – and this is the fundamental thing – that God’s mercy has no limits if you go to him with a sincere and contrite heart. The issue for those who do not believe in God is to obey their conscience. Sin, even for those who have no faith, exists when people disobey their conscience.” He has upset some by saying this, but many others have heard in it, an echo of God’s infinite love.

All of us can distinguish between what is right and what is wrong, for the same God created us all, irrespective of our faith or beliefs. There is no faith that says helping another person in need is wrong. So let us leave the finer points of dogma to the theologians, let us ignore the hate mongers, and let us go about doing the best we can to make this world a better place for the people around us. One does not need money, talent, or brains to be kind or love one another.

Jeevodaya, may be run by nuns, but it is not a religious institution, because sisters, doctors and caretakers belong to different faiths, as do the patients. As its manifesto states, Jeevodaya provides to the needy, a bed to sleep, clothes to wear, suitable meals, and above all pain and palliative care and the right to die with dignity, as every human being should. Even to the extent of organizing burials and cremations to suit the religious convictions of the deceased.

Even if we do nothing else in the years we spend in this world, let us at least be kind to one another.

**Sr. Lalitha Teresa**  
Editor

*Sincere thanks to all the benefactors of Jeevodaya!*

*Please make donations as cheque in the name of “Jeevodaya Public Charitable Trust”*

## Let us conquer



# OLD AGE

**Padmashri Dr. V.S. NATARAJAN** (Father of Geriatrics)

*Age 60 is considered young amongst the elderly. 60 is the best time to take steps to nurture ones physical and mental health in*

*order to live healthily ever after. Plan your strategy for a healthy old age by following the suggestions given hereunder. As time goes by, you will see old age life turn into another pleasant springtime.*

*(continuing from the previous issue of the newsletter...)*

31. Even a mild injury to the head should not be ignored. It may not be a cause of concern at that time, the resultant brain haemorrhage can lead to fits, stroke or memory loss. Hence immediately consult a specialist even if it is a slight head injury.
32. Isn't it our duty to safeguard our kidneys which tirelessly serves us day and night and ensures the cleanliness of our body? proper treatment should be taken for kidney damaging ailments like hypertension and diabetes. Excess use of pain killers should be avoided at any cost and intake of water as advised by your doctor. Our Kidneys will serve us good for many many years.
33. Frequent urination by older men could be due to enlargement of prostate glands. Do not brush this aside as an effect of old age. Investigations such as ultra sonogram (KUB) and blood test for PSA should be done. In case of prostate cancer, PSA Levels would be abnormally high. There are effective treatments for incontinence in women also.
34. A. Specialist should be consulted immediately in case of vaginal bleeding after a year since menopause. the reasons could be atrophy of the vagina (diminishing of size), ovarian cysta, descended uterus and uterus cancer.
35. For women : Periodical Pap smear test and self examination of breast will aid in detection of cancer at the initial stages.
36. An elder's sexuality depends on attributes such as physical and mental health, family circumstances and cordiality with one's spouse. Being sexually active in old age is beneficial for the overall wellbeing.
37. For ailments like hernia, piles, hydrocele, gallstones, certain fractures, enlarged prostates, surgery is the only remedy. When surgery is the only option, what is the use in postponing? Accept readily when the doctor suggests surgery.
38. Smoking causes heart attack, paralysis, lung cancer, gastritis and asthma among other deadly diseases. Smoking restricts blood flow to limbs and increases chances of kidney failure, it is better to stop this habit immediately. Excessive consumption of alcohol lead to several maladies such as pancreatic disease, peptic ulcer, malnutrition, disorientation, accidents, falls etc. Hence it is advisable to immediately stop consuming alcohol. Those

who are severely addicted should at least reduce consumption to minimum.

39. Regular exercise is the elixir that keeps several ailments at bay. Exercise like brisk walking, cycling, indoor games, swimming etc could be done. It is suggested to walk 3 to 5kms or exercise for 30 to 45 minutes daily.
40. Immunity diminishes as one ages. This makes one prone to many infectious diseases. Infectious diseases are the leading cause for frequent hospitalization and even death. Few immunity boosters that should be included in the diet are gooseberries, oranges, lime and nuts like almonds.
41. Why shouldn't one get vaccinated for pneumonia (only one shot for lifetime!) and prevent future occurrence of perils associated with pneumonia? There are no side effects for this vaccination. Vaccination can also be done for influenza, tetanus and typhoid.
42. Chances of occurrence of cancer are high among those who have a family history of cancer. If this is the case get a genetic test done at a cancer speciality centres and takes appropriate action to prevent the occurrence of cancer.
43. All diseases cannot be treated by Allopathic Medicine. There is no harm in trying alternate medical systems such as Siddha, Homeopathy, Ayurveda etc. Whichever medical system you follow, follow it with full faith.
44. In the events of falling sick, do not lament unduly and curse yourself. It is of no use to consult with many doctors without professing faith in anyone. Do not get paranoid about your disease by worrying about it all the time. At the same times, one should not be indifferent to a disease with false bravado. It is good if diseases do not afflict one. If it does, one should cultivate a mentality to deal with it in a composed manner.

#### **MENTAL WELL BEING**

45. If insomnia is caused due to any ailment, it should be treated. Reduce/ avoid sleeping at day time and indulge in exercises in the evenings. Ingredients for a peaceful night's sleep are: moderate supper, meditation, warm milk and a peaceful atmosphere to help calm one's mind.
46. After extensive research, it has been established that the following food items have the ability to increase memory power. do not ignore them

saying 'I know it already'. Spinach, Strawberry, apple, onion, fish oil, egg yolk, sweet potato, kidney beans, cinnamon, raisins, banana, green tea, sprouted wheat and coffee.

47. Mild changes in the pattern of walking, dressing, speech and actions may indicate initial stage of dementia. Relatives and friends of an elder should recognize this and seek help. A doctor should be consulted immediately as there is remedy for dementia if detected at initial stages.
48. At times, one may feel depressed for no reason. Even suicidal thoughts may occur. Do not stress unduly. There are excellent medical treatments to manage depression.
49. Loneliness is the biggest enemy of old age. One should strive to somehow avoid loneliness. A good hobby cultivated at the middle age will immensely help in alleviating loneliness at later years. To combat loneliness, one can indulge in reading, listening to the radio etc. Join a recreational club and partake in its activities. Communicate with good old friends through telephone or letters. If possible visit them at their homes.
50. Even if one happens to lose everything, do not lose willpower to move ahead in old age. Willpower is your only ally at this stage. If one possesses mental strength and deals with others with compassion and humility, old age will be a pleasant stage in one's life.
51. Meditation calms the mind and gives clarity. Why don't we meditate daily for 15 minutes in the morning and evening and try to conquer old age? The five senses can be controlled by practicing pranayama. Pranayama aides in longevity and vitality. pranayama should be learnt only from a qualified teacher. Endurance, mental strength and willpower are a few of the benefits achieved through practice of pranayama.
52. The purpose of this human incarnation is to serve others. Whilst the law of nature is like this, it is undesirable for one to be overtly selfish at old age. One should cultivate a deep sense of selflessness at a subconscious level. One's own burdens get relieved while helping others get rid of their problems. Do not consider physical deeds alone as good deeds. Even a thought of goodwill and prayer to alleviate the suffering of a fellow human would suffice. Good deeds elevate the soul and bestow a deep sense of tranquility.

After extensive research, it has been established that the following food items have the ability to increase memory power.

53. Spirituality: Even those who are non believers will start to say 'there is someone above us' as they age. One gets drawn towards God as he/she advances in age. One tends to strongly believe that only God can save one at times of adversity. Believers feel lightened by indulging in Spirituality.

### FAMILY WELL BEING

54. Cultivate the habit of self reliance right from middle age. It is definitely a joyous experience when your spouse supports you with mundane tasks. But what happens if something untoward happens to your spouse? Understand this law of inevitability and learn to be self reliant. This will give you the confidence to carry on without unduly depending on others. You will tide over comfortably during later years.
55. Detachment should be the norm as you age. Refrain from professing undue indulgence on wife, children, grandchildren etc. Why, because it will hurt the most if something untoward happens to them. This will affect the elders adversely. Slowly withdraw from the clutches of love and affection and learn to live aloof like water on lotus leaf. This is good for an elder's mental as well as physical well being.
56. Do not sever ties with relatives. Even a mended relationship will come to your rescue at times. Maintain at least two or three best friends. Hold on to them dearly. For, these friends are the one's who will stand by you even when relatives have abandoned.
57. Once the worldly duties are done, it is advisable to will the properties to the heirs clearly with proper documentation and procedure.
58. Money is most imperative at old age. As the old adage goes, 'even the birds flock the ripened tree'. Never forget this. Saving for your old age is a MUST. Do not will all your possessions to your heirs before it's due.
59. To work as much as your strength allows and to rest proportionately are principles of life at old age. Do not become a complete workaholic at your young age. It will affect your overall well being at old age. Divert your mind to travelling to new destinations as much as you can. The mind gets refreshed upon seeing new places and meeting new people.



60. Blessed are those who die peacefully. One suffers most by worrying about the pains of death than the actual death itself. What is the use in worrying about the death which is going to happen someday at someplace at sometime? Approach it with a 'devil may care' attitude and learn to face death with gusto.

Try to read the following few lines every day before retiring to bed:

**What has happened has happened for good  
 What is happening at present is also for good  
 What will happen in future will also be for good**

**PLEDGE TO BE TAKEN BY ELDERS**

➤ I realize I am getting old. I also know I will be still older. I must be careful not to be a person who talks nonstop. I should understand that it is not necessary that I should pass my comment or give me opinion on everything happening around me.

- I should understand that it is not my duty to correct all mistakes committed by everyone around me. I know that my knowledge and experience are a big treasure. I should not spill it over everyone, when it is not solicited.
- I should avoid long sentences and try to make my answers crisp and sharp.
- I should always not lament about my problems and difficulties. I should develop the patients to listen to others as well.
- I should realize that I cannot remember everything / every incident of the past. I should try to retain happy memories. Let the unpleasant ones fade away.
- I can also make mistakes. I am also human. If I realize that, many arguments can be avoided.
- I must be compassionate. When someone is in trouble, I must be ready to help. I must be ready to appreciate the good deeds and thoughts of others. I must never be bossy.

**JEEVODAYA**  
 Activities of



Scan this QR code on your Smart Phone to view the Jeevodaya Anthem on YouTube

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